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Nebraska
COOPERATIVE EXTENSION WORK
IN AGRICULTURE AND HOME ECONOMICS
U. of N. Agr. College & U. S. Dept. of Agr. Cooperating
H. G. Gould, Acting Director, Lincoln

Extension
Circular
9912

A DISTINCTION WITH LITTLE DIFFERENCE

Many people think that "economy in the food budget" must mean either a decrease in the total food value, or foregoing many items that make appetizing meals. A careful comparison of the two lists below which consist of common foods found on many family grocery orders each week will assure you that neither course is necessary. The difference in food value in the two lists is negligible. A resourceful cook can prepare the second list into such tempting meals that the family will not realize "economy measures" are being practiced on them. And no doubt many uses can be found for the "several dollars weekly" that can be saved!

4 lb. bananas	\$.64	1 lb. prunes	\$.35
2 No. 2 $\frac{1}{2}$ cans peaches	\$.84	1 lb. peaches (dried)	\$.48
2 No. 2 $\frac{1}{2}$ cans apricots	\$.80	1 lb. apricots (dried)	\$.59
1 (4#) head cauliflower	\$.60	1 (4#) head cabbage	\$.22
2 bunches carrots	\$.30	1 lb. carrots (topped)	\$.07
3 lb. fresh spinach	\$.45	1 No. 2 $\frac{1}{2}$ can spinach	\$.29
3 cans (16 oz.) baked beans	\$.51	Home baked beans	\$.33
5 loaves bread (fresh)	\$.85	8 loaves day-old bread	\$1.04
1 doz. sweet rolls	\$.50		
2 lb. soda crackers	\$.45		
1 box refined wheat cereal (uncooked)	\$.25	1 box rolled oats	\$.18
1 box prepared cereal	\$.17	Homemade ready-to-serve cereal	\$.10
7 qts. regular whole fresh milk	\$1.26	8 tall cans evaporated milk	\$1.04
5 qts. regular whole fresh milk	\$.85	1 lb. dry skim milk	\$.18
		$\frac{1}{2}$ lb. butter	\$.40
1 lb. porterhouse steak	\$.95	1 lb. beef roast	\$.59
1 lb. calves liver	\$.80	1 lb. pork liver	\$.45
1 lb. leaf lard (fancy pack)	\$.39	1 lb. lard	\$.33
1 lb. butter (in carton)	\$.80	1 lb. butter (unwrapped)	\$.77
4 boxes gelatin dessert powders	\$.32	$\frac{1}{2}$ lb. tapioca	\$.13

(Lincoln Prices October, 1947)